

*The ideal of the School of Metaphysics.....To aid any individual, willing to put forth the effort, to become a whole functioning Self, not dependent on any person, place or thing for peace, contentment and security.*

*The purpose of the School of Metaphysics....To accelerate the evolution of humanity by ushering in Intuitive, Spiritual Man.*

*The activity of the School of Metaphysics is Teaching Teachers.*

# Vibrations



A Monthly Newsletter

Vol. 45, No. 2



73 Illumine

The irony is - individuality stimulates resonance in the All.  
Seasons activate the circle of life equally in universal forms.  
Spring's coming shape shifts the seed for winter's return.  
Every life's passion is to know its Source.  
..The Tāraka Yoga of Kuan Yin by Gael O'Guinn



Universal  
Hour of Peace  
December 30, 2014 -  
January 1, 2015

General  
Assembly  
January 3 - 5, 2015



**Each time we come together to create the School of Metaphysics *Vibrations* Newsletter, we open our sessions with an opening projection. Afterwards we each align with the laws of creation and open the book, *The Taraka Yoga of Kuan Yin* by Gael O'Guinn, to receive the verse that is designed for each of us individually. The front cover reflects our collective vibration. Here are the numbers we received.**

**Love and Light from your *Vibrations* Staff.**

Dr. Sheila Benjamin- 76 Passion "Spiritual knowledge arises where cooperation is present. Harmony rises in a consciousness ruled by ideals that descend in thanksgiving to the light of a new day. Where all appreciates, the question of worthiness is answered."

Kerry Keller - 94 Unified Field "The Inner Teacher initiates free of intent, How can this be? Beyond the cravings that disturb mind and body vibratory creation heals in singular consciousness. Abide the calm breath in the core of your Being to carry it through."

Michael Dardanes - 80 Immortals "Immortality begins in a mind full of what is. When you know what is, your reign begins. Your reign extends the power of Mind's Light from Heaven to Earth. Everything changes in the Light of eternity."

Davi Brown - 42 Exclusion "Existence emerges from a black hole in space, the Light of volition born in neutrality. Choose life in thoughts guided by honor whose progenitor - grace - tends the heavenly choir."

## Holy scriptures one for each month of the year

### January – Kuan Yin #53 Truth (Dr. Barbara O'Guinn)

Image: Dragon

There is more to Heaven and Earth than in your imagination. Learn the ways of the Creator of the Universe. Keep Heaven in your Mind to recognize the Seven Sisters. The context and meaning of what you receive will come in time.

### February -- The Gospel of Zarathushtra 46:2-3 The Conflict with Sin (Dr. Daniel Condron)

2. But God is aware of all they do, both what is public and also what is hidden, (Dk. 9:31:17) (and) everyone must practice eagerly the Religion of God-worship; (Dk. 9:41:8) The welcoming of God into the self is the non-commission of sin. (Dk. 9:53:46) Happy is he from whom there is no mischief, ... no complaint, (Dk. 9:69:11, 25) (for) God becomes the protector of a true servant (Dk. 9:64:6) (and) the Archangels come to dwell in the body of him who loves Good Mind... because their dwelling is in light, purity and fragrance, and the body is lit, purified and perfumed by Good Mind. (Dk. 9:67:4) Sin flees away where Good Mind resides, (Dk. 11:6:193) (and) a full understanding of things arises through Good Mind having made a home in the reason. (Dk. 9:31:14) But there is no happiness whatever for the wicked. (Dk. 9:20:9)

3. For there to be the renunciation (of sin), the chief thing is this: that one commits no sin willingly, and if through folly or frailty or ignorance a sin occurs he must repent before the priest and the faithful. And afterwards (if) he does not commit (that sin again), then it becomes just a sweeping from his body, just as the swift and powerful wind...carries away...any broken fragment. (DMK 52: 16-19) For the sake of atonement...good works are to be performed as far as possible. (DMK 53: 9)

## Tulsa

### The Gift of Giving

by Jillian Bergman-Martin

Sunday evening gatherings open the heart here in Tulsa. "It's in alignment with what I've been working through and with. Being in service, being accountable and being the change I want to see in the world," said former student Ashley Ashton. We talked about setting the vision and the importance of taking action towards it. After lesson 4 of the Spiritual ethics gathering students gathered to create their image of the world. "An addictive free world", "Connection", "Selflessness" and Love were the images given. We then formed a word, an image of the daily steps we can take toward creating our personal visions. Smiling, conscious acts of kindness and hugs were among the actions given. "In this moment it was apparent what had been gained through the course. The relevance and practicality of simple gestures is very inspiring," stated Jillian Bergman.

Peace events are forming. Weekly meetings have marked the progress of this year's celebration of peace. The profound effect meditation has on the heart and mind of the individual is beneficial, while the effects of just one gives power and balance to the community. We have incorporated a meditation sponsorship and pledge program as another way for individuals and businesses to support and give to the experience of peace. People are in need of resolution; we know that comes from within. Students receiving this year's vision of peace and connecting the importance with a way to benefit the community has started a wave of awareness throughout our school center. We look forward to bringing it further out into our community.

Alana Young, Elana Stafford, and Marion Jacobs met with their minds and talents to create their first class fundraiser. They had a movie night showing *Inception* with a raffle to raise money for outdoor renovations. Alana received an increase in her awareness to create and manifest desires. While assimilating the event together she was motivated by how many people were in attendance. Although we didn't get a full count the room we had set up was completely full and into the bookstore. Abundance came in the form of people, experience and money raising over \$100 and counting as the raffle is still being carried out until New Year's Eve. Thank you.



Year of the Holy Spirit

## Springfield

### Community Lectures

by Brian Hoover

Lecture: "How to Enter Peace -- Through Present Moment" by myself, Brian Hoover. This was the most profound thing I've ever orchestrated, and also the most growthful learning experience of my life. My biggest learning to date. I've been focusing on learning Present Moment concepts, the implementation, and lastly the letting go of all these concepts and knowledge to enter this state of Being. Only now, with the resource of a lecture, and a year of SOM exercises does it start to become a true Understanding. I truly suggest using a lecture as a platform for anyone to push one's self past their comfort zone, their limitations, in order to uncover their true Self underneath the fog of thought, attitude, and belief; using their fear as the portal to enlightenment. The portal to Peace.

"The Peaceful Warrior", by Dan Millman, attracted quite a few students and members of the community to watch this truly incredible film. With quotes such as: "Where are you? Here. What time is it? Now. What are you? This moment" and "There are no ordinary moments." This movie was all about the Present Moment, learning how to learn, gauge, and perceive that inner voice. Looking closer. Finding purpose. A still mind. Achieving what you set your mind to. And the realization of Self.

We have done 4 lectures so far this month, and Tim Gagnon presented us with his words of wisdom in 2 fantastic productions, "Understanding Your Dreams", and "Seeing The Good". These events packed the coffee house room we reserved with people sitting on the floor as the excitement of the lectures was a buzz. Many great contacts and potential new students from such nights. Thank you, Tim!

Movie night! For the first time ever we were blessed with Tim's girlfriend, Sarah, who offered her apartment complex's own private movie theater which she reserved for the private showing of "Inception". Thank you, Sarah, such a wonderful evening -- like a dream within a dream.

## Urbana

### December Light

by Aubrey Wachtel

Scott Hilburn and Dr. Pam Blosser hosted a Dreamcatchers Meetup at Aroma Cafe in downtown Champaign. The group watched Dr. Laurel's webinar on dreams and Courtland Louie gave a ten minute talk on dreams. Courtland did a great job and is getting more comfortable speaking in front of people.

We had three ten-fold donations to give this month. Jesse Long, Aubrey Wachtel, and Scott participated in the delivery of these to members of the community. One recipient happened to be an independent musician in the community that I have personally always admired.

Our campus hosted an Ugly Sweater Party and an improvised sketch auction on December 13th.



Several students and members of the community participated in this fun fundraiser. Participants wore their favorite ugly holiday sweaters and participated in some improvised scenarios based on winning bids for who would be the players in the scenes. We all enjoyed a lot of laughter and raised just under our goal of one hundred fifty dollars for the event. An additional donation that day allowed us to make our goal for the day.

We are preparing for the 20 hour 15 minute meditation and Universal Hour of Peace as part of our New Year's celebration. At 7 pm we will be making vision boards, at 11:30 pm we will offer the Burning Bowl Ceremony, and at midnight we'll read the Universal Peace Covenant. WCIA TV is covering the event. Jasmine Anderson, news person and anchor fell in love with the idea and is promoting it on as many shows as she can. She is coming to cover the event early on the 31st for their morning show. There will be two spots, one where she will interview Dr. Pam and one where she will interview Scott. Dr. Pam was also interviewed on the noon show on the 30th. And Jasmine has another interview set up for later New Year's Eve day on a women's show. She has also passed the info on to the evening news team.

## Indianapolis

### The Drawing Effect

*By Kerry Keller*

If you placed your attention on the physical results of our 2015 Meditation, the Burning Bowl Ceremonies, the Vision Board workshop and the Universal Hour of Peace, you would say we had a below average turn out. If you looked at what our learning was you would see a different perspective. Even though our preparation did not yield a large public participation, it initiated what seems to be a new public curiosity that is producing new students. We have a new class beginning on January 10th with twelve people registered, 7 because of our efforts shared on the Universal Hour of Peace day's events

It has become obvious to our students, that our efforts in communicating spiritual ethics, peace of mind and 'do to others as you would have them do unto you', is beginning to receive a following. We put out a call to those desiring to be the cause of peaceful change. One that would minimize individual reactions, public violence, personal conflict, and stop aggression, bullying, and anti race attitudes. One that suggested this change would only come by those who desired to be a part of creating for the good of the whole. In our efforts, we have shared with yoga studios, women's groups, universities, through meetups, networking groups, coffee shop posting, and connecting with old business contacts. We now have two positive relationships with two yoga studio owners, one H.S. Teacher, one University faculty, a non-profit owner, and an official with the Red Cross. We have set up a lecture in one

of the yoga studios because the owner is interested in attitudes that produce health. After the first of the year we are meeting with the Red Cross to discuss their interest in our own providing a captive audience lecture.

2015 is different! This is exciting! Now the commitment is for follow through and completions.

## Kansas City

### Building Intimacy and Peace

*By Wendy Isley & Leah Morris*

The KC branch began a new 1st Cycle class on December 22 with 4 new students. Wendy Isley is the teacher. She is studying the 2nd cycle lessons with classmate Christopher Stohrer and their teacher Director Leah Morris. We are so excited that Kansas City now has 13 total students! We are building partnerships in the community through lectures and involvement in local activities. Next year we are envisioning the expansion of our school branch with more students and classes than ever before!

I, Wendy Isley, am personally practicing intimacy in all my relationships with the purpose of building an understanding of compassion. It is wonderful to experience intimacy with my classmate, teacher and students as we together build understandings of Universal Laws, creation, and moving through various challenges. We are breathing in abundance as the Holy Spirit moves through us. I am experiencing the Real Self more fully than ever before. My cup truly runneth over!

We also have received 5 peace proclamations from Kansas City, (Kansas and Missouri), Blue Springs, Westwood, and Liberty. More peaceful expression in the



## Oklahoma City

### Thriving Transitions

*by embodied Spirit of OKC*

Over the past month in Oklahoma City we have been thriving. We have a wonderful group of students that are continuing to move into adolescence and adulthood in the first cycle lessons. It is fulfilling to watch the students becoming more engaged and enjoying applying everything they are learning. We have had a consistent pulse on our Dream Catchers as well as SIR Meetings. We have had a significant amount of

people from the community come and join us and receive a lot. We have had attention upon our upcoming New Years Eve event- 20 hours and 15 minutes of Meditation. We plan to have a very still and inward day, our image is similar to Still Mind Weekend at the College of Metaphysics. We will be focusing on meditation and that being filled throughout the day as well as journaling, writing, or creating a vision board of what you receive during your space of being inward.

Our Peace Ambassador, April Harrington, is a very committed student and ambassador. She really cares about the students and the community receiving the most of themselves through any experience we do that falls under that lab position. We greatly appreciate her dedication! Looking forward to starting a new year as Anna Steely will be moving into Directing. She plans to kick the year off with a lecture series that will begin in January 2015!

## Maplewood

### Reverence for Life" Interfaith Community of Metaphysics Service

*By Caterina Williams*

Sunday, November 30<sup>th</sup> was an opportunity to be a witness to an Interfaith Community of Metaphysics (ICOM) service at the Maplewood branch, led by Dr. Laurel Clark. She was inspired through a meditation to hold this service. We had 25 people in attendance and the majority of them were from the public. The energy in the air was that of curiosity and hope. This service was timely in that it was held the Sunday following the grand jury decision in the Michael Brown case of Ferguson. This case has captured the attention of many people all over the globe. Dr. Laurel was eloquent and direct in expressing a course of action for each of us to initiate.

Carrie Mitchell shared, "I gained the importance of the actions we take ourselves, creating a ripple effect for our fellow man. By practicing peace within, it allows others to do the same." She also stated she gained a deeper understanding that "anger eclipses rationality. Listen to one another. Have compassion. Give the thing you want to receive." She says she was reminded of Gandhi who is known for saying you must "be the change you wish to see in the world."

I came away from the service feeling very appreciative that Dr. Laurel was a voice of peace in a time it was greatly needed and refreshing to hear. She had us do a demonstration of the Bible verse, "turn the other cheek". We faced one direction, observed the surroundings and then did the same in another direction. She shared that in her interpretation, that phrase is indicative of shifting one's perspective. That made so much sense. I had never thought of it in quite that way before. I absolutely love that she incorporated passing out

rolled up Universal Peace Covenants at the end. I feel everyone came away from the service with a lighter energy than they had when it began.

Directly following the service, Joe Pecaut and I taught the last lesson for the Spiritual Ethics Gathering. The lesson was entitled, "Getting to Know Each Other". I felt this lesson was right in line with Dr. Laurel's service. We got to know several new people from the public. One in particular signed up for classes. There was active engagement by all who participated.

As a final note, I want to express that Cassie Ambuehl started a class of 11. She held the vision of starting a large class by putting it on her Ten Most Wanted List and holding each student in the space of attending. We welcome: Sean Rammaha, Tara Reber, Kelsey Rich, Blake Boyer, Genevieve Markowski, Heather Swarrington, Laronda Lowery, Dale Wilke, Phoebe Landrum, Joan Di Pretore, and Julia Bandy.



## Palatine

### Mindfulness for the Holidays

*by Mark Weiland*

What did you give yourself for the Holidays? The Holidays can be a very stressful time for some people. Getting last minute gifts, worrying about personal finances, holiday traveling, and even the weather can all get in the way of allowing ourselves to slow down and celebrate the Spirit of the Holiday Season. To respond to the holiday frenzy that some may experience, the Palatine SOM branch organized a fundraiser entitled: "Mindfulness for the Holidays." The ideal for the fundraiser was to aid others in how to create and experience peace during this busy time of the year. We set out to educate the public on how to slow down and give themselves a gift of the present moment.

Through a series of talks and activities, we introduced guests to the concepts of stilling the mind, concentration, using visualization to receive your desires, being grateful for what you have, changing your thoughts to improve yourself, and giving in order to receive from the Universe. It was an incredible experience.

What is always great about fundraisers is that they give students a chance to reflect on what was learned, reflect on how the spiritual exercises have positively impacted our lives. Not only did we have the opportunity to strengthen the understanding of our own

part of the fundraiser, but after listening to everyone's piece of the presentation, we all now understand these concepts on a much deeper level. Each presenter had a different perspective on each strategy to practice mindfulness. It was amazing to see how much we as classmates grew since beginning our study in the First Cycle.

Jim Czerwinski shared: "My presentation topic was Thought Is Cause. How our life unfolds is highly influenced by our thoughts. During the Holiday Season, it is very easy to let our thoughts become filled with stress-related thoughts, including buying the perfect gift for people, preparing meals for friends and relatives and just generally being "appropriately cheerful" during various events. Through all of this, our minds can easily go to thoughts like "I don't have enough time to get everything done", or "will the meal be ready on time?" or "will the guests have a good time?" The good news is that our minds have immense power to influence the events in our life. Techniques such as affirmations give us the power to influence how our day and our life evolve."

Each of us gained a lot through this fundraiser. Some of us strengthened our spiritual growth through teaching and service. Others strengthened their confidence through practicing public speaking. Mike Moffa reflected: "I learned that service is the single most act that can change our lives. When we give of ourselves we find ourselves. The more we serve the more substance there is to our souls."

For myself, I learned a great deal on leadership and communication. I decided to take on a new role and volunteered to be the directing intelligence of the fundraiser. I have been looking for opportunities to lead and this seemed like a perfect example. I found the experience to be rewarding helping me expand my understanding about leadership and power of personal influence.

Not only were we able to give to our community through this fundraiser, but we also built a much stronger class consciousness and gained stronger understanding of mindfulness and its practices.



## Cincinnati

### Turning in to Winter

by Davi Brown

Reflecting on my time at this school fills me with a sense of Gratitude. For a school without a building we do a good job of nurturing our relationships as we sustain our branch. This month our S.I.R. meeting, hosted by Rory Colgan, was thriving with purposeful activity and interaction. Aurelia and Jim Burkett are among the staples of the group who enjoy sharing their learning through intuitive reports with the community. The meetings are held at a popular, local coffee shop in town and are a fun experience open to anyone. We have also began holding Dreamcatchers meetings again which have been a great place for us to meet and congregate socially. These two vessels are a great way for our school to connect with and serve the community, while forging deeper friendships together.

Students are stepping into lab positions lately! Karen Overbeck is the Steward of Infinite Abundance, Lynn Boggio is leading our ten fold delivery every month, Aurelia Burkett manages the school library and apprentices the Branch Historian as photographer, and Jim Burkett is apprenticing the S.I.R. coordinator. Karen's generous and receptive heart has drawn many donations to the school. I see how the labs serve the growth of each student to grow in responsibility and use what they are learning, which also creates an ease in school-wide function as long as open communication is practiced.

This month Erin Payne and myself gave a lecture at Starfire, hosted by Nick Wysel, a former student with the SOM and alumni of Starfire. The lecture was called The Seven Dreams of Kundalini and was focused on the intelligent direction of energy and the factor of purpose in using our creative energy to its maximum potential. This event drew a warm crowd. I attribute that to the innate attractiveness of the subject matter at this point in time and the power in the purpose WE had for giving the lecture. We used projections every time we met for clarity and I believe that those, calling upon the workings of mind with the laws of the universe, were a large reason for the success of the event.

We started a new class of 9 this month on Wednesdays that I am teaching! The class is full of eager individuals who are excited to consciously embody their light and love. Last month I mentioned my goal of teaching more students by the next teacher's meeting. I believe that the early forecasting of that goal, setting a date to focus on, with a strong desire and flourishing Gratitude for being a student and a teacher helped to build that class along with the support of Jonathan and all the students here in Cincinnati. There was love flowing through my heart. I was making space for new people to give to, and bringing to mind all that I and the school have to give.

My student, Clarence Cruz (L19), and Jonathan's student, Jim (L9) made their way to the college for the first time. Clarence shared, "My experience at the



school was like being inside of a massive glowing heart.” From attending Christmas in the Peace Dome to Kneading Bread to working with Rudy on intuitive reports, Clarence and Jim each had a rich experience of which I was so happy to be a part of. Aurelia, Erin and Jonathan did a wonderful job bringing the Christmas in the Peace Dome performance to life for us all on Sunday. It was my first time on the Vibrations crew and I had an amazing time working with Kerry Keller, Michael Dardanes and Dr. Sheila Benjamin. I feel very GRATEFUL to spend time creating with these souls.



## Chicago

### We Are Where Our Attention Is

*By Angela Appleby*

We are very excited to announce that on December 9<sup>th</sup>, the first broadcast of our radio show called, "Conscious Waves" was aired. Every second Tuesday of the month a new show will be recorded, and broadcasted live over the internet. Arie (lesson 9), Golbahar, and Randy (lesson 33) were speakers on the show this month. This will allow more people to know about the School of Metaphysics so they can create the changes needed towards their soul growth and spiritual development. Having a radio show has been on our 10 most wanted list, and what we have learned is that what we put our attention on grows. We experienced Universal Laws at work, such as the Law of Relativity, meeting new people that led us to the radio show. Also, the Law of Attraction, creating a condition for us to draw more people to our school branch. We applied the steps of visualization and were very clear with our Ideal and Purpose.

Emily (lesson 21) started a new class on Wednesday, December 10<sup>th</sup>. Emily explained that she experienced some limitations in her thinking that she was able to overcome and recognize. She learned that what she had to give to the students was more important than her perceived limited thoughts. Going into the experience of starting a new class I created some unproductive limitations and doubts within myself. Arie and his classmate, Christian (lesson 9), facilitated the Spiritual Ethics course in our school branch. Arie explained how creating with Christian made the experience more flavorful and expansive. He

believed that the open discussion gave everyone involved the opportunity to become better listeners and build self-worth within themselves because they had the space to express their ideas and thoughts freely in such an inclusive and safe environment.

Within the upcoming weeks we have many creations occurring. Some of our creations are a new first cycle class, SIR Meeting, Dream Catchers, and the Universal Hour of Peace Event. During the UHOP we will be having guided meditations, chanting, live music, Tai Chi, and a burning bowl ceremony. It will be wonderful to bring in the New Year with Love and Divine Friendship!

## Fort Worth

### 2015 & Beyond...

*by Rashard Garrett*

For the Fort Worth school branch, 2014 has been a year of great change and bountiful learning, especially for mySelf. Experiencing the nature of the physical, we've had a few students decide to move on, as we received new faces into the fold. As the school's Director, I recognize that everything that manifests in our school branch is one way or another related to my own state of mind. Through this I'm realizing my own need to gain greater understandings of growth, sustainability and the true power of all-encompassing love through these experiences.

We end the year of 2014 preparing for our 20'15" New Year's Eve Meditation Celebration, led by our Peace Ambassador, Charlie Guajardo (L24), who continues to grow in responsibility and leadership moving into 2015. Everyone is pitching in to make this an unforgettable and meaningful way to bring in the new year.

Charlie expresses, "Not only do I want people to come and strengthen the vibration of peace during the 2015 meditation, I would also like for those who come to consciously choose to ring in the new year with a positive thought. I'd like for them to learn mindful skills that they can use throughout the year; to learn about intuitive reports, and how metaphysics works. I'd like to see people release what is no longer serving them and replace it with tools that help them function as a whole Self. I want them to realize how simple peace is and how strong it becomes when you share it.

As we step into the new year, we find ourselves moving ever closer to achieving some of the things on our School's 10 Most Wanted List. One in particular being #4 - Every student functioning in a lab. Dream Awareness, Peace Ambassador, Healing, Public Communications and Steward of Infinite Abundance Labs all currently have multiple students participation in them, and our 'youngest' class (L4), one of the Wednesday night classes already has a couple of the students jumping into lab positions!

Our Public Communications Coordinator Lab, led by Brynn Burne (L26), will play a very large role in how we move forward in 2014, as we expect to increase our abundance through 'giving' a LOT more lectures this year. The world needs what we have to give! As I talk to

more and more people about what the School of Metaphysics has to offer, I'm realizing just how unique and invaluable this education is, how important it is for us to continue to expand the awareness of it, as well as how it exponentially increases our own value as we share it with others.

HA! As I was writing this JUST NOW, I remembered that a few days earlier a woman had called and left a message, distraught about a dream she had. Since we had been missing each other's calls over the holidays I decided to call her now and see if she still wanted help understanding her dream. She had a dream about a bunch of her family members dying, the most prominent being her grandmother, when she happened to be in the emergency room at the moment of my call! She was actually wondering if her dream a few days earlier had somehow played a part in her grandma becoming ill and needing to be rushed to the hospital. Long story short, I helped her to understand that this was not the case, and that the dream was about her and the changes she was growing through. She was relieved.

As we were finishing up, all of a sudden someone knocked at the door. It was a man named Daniel who heard about us on a Dream Interpretation radio spot that we used to do, and was also distraught about a dream concerning his mother who had passed away! I talked to him about his dream, as well as other metaphysical topics. He left with some understanding of the direction he needed to take, wanting to start in our next class, come to our New Year's Eve celebration, explore intuitive reports and purchase books! Another great example of how the world needs what we have to give!

## Dallas

### Giving: The Reason for the Season

*By Charrie Sledge*

In the month of December, Sheila Mills, our Peace Ambassador Leader, has set into motion the Interfaith Community Gathering. On December 14<sup>th</sup> the school had a tree decorating gathering. The theme was for everyone to bring a personal ornament to help decorate the tree. We had a wonderful time while decorating the whole school, enjoying the potluck and signing.

On December 21<sup>st</sup> we went out into the community. We baked cookies and went to CC Young Senior Living; we sang Christmas carols and passed out cookies. This was an experience I am grateful to have had. The group we had the privilege to give to were Alzheimer patients. We all could see in their eyes the gratitude and joy of having us there (no matter how we sung). They enjoyed the cookies very much.

Lesley West, 2<sup>nd</sup> cycle student and Steward of Abundance lab leader, along with Frank Chukwumah, 1<sup>st</sup> cycle student studying lesson 15, are diligently

working to procure materials to replace the fence around our school. Our fence is in need of a major overhaul. Leslie and Frank have written letters to major home improvement stores and independent wood yards and will be going out personally to speak with managers and owners. I look forward to receiving our return from the universe and building a new fence!

Renee Adams, 2<sup>nd</sup> cycle student and Public Communications Coordinator leader, is also working diligently to reach our goal of having 4 public lectures a month in 2015. Renee is an Aries and I very much appreciate her starter power!

SEJ Talks Helping Hands Foundation created by Cole Suttle, a School of Metaphysics student Event, was on November 22, 2014. We had a wonderful time. Rashard Garrett gave a 15 minute lecture on the power of intuitive reports offered by the School of Metaphysics and both the Ft. Worth and Dallas school branch directors personally paid for an intuitive report to be auctioned at the event.

We look forward to 2015 with expanded and directed fire!!

## Columbia

### Building a Community

*by Brenton Harris*

The Columbia school is being resurrected...but how do we go about this. Once I got over my attachments to new classes being a certain size, and things needing to manifest overnight, I relaxed. Seeds need to be planted; momentum needs to be built; community needs to strengthen.

The timing of Tad's Spiritual Ethics course was perfect. Building upon the momentum created nationally, we began to host Spiritual Community Sunday Gatherings. Though it was only Jason and I in the Columbia school for a month, we've been working to build a momentum here, and it's working!

For the past 6 weeks we've held "open house" environments with specific themes (from "Empathy" to "The Christmas Story Interpreted in the Universal Language of Mind." We created a meetup group to help spread the word. We've posted flyers and talked to people. All of this was done with the intention of first and foremost building a *community* at our branch.

In the weeks since we began, we've had a steadily increasing number of people joining us on Sunday evenings. Former students, current students, and even people from over an hour away come to talk, meet, and connect. People are even starting to bring food!

More than anything, I think it's this idea – the idea of community – that will build our school. We've doubled to 4 students and that number will double again by the end of January. What's more, there is a greater number of people who are learning about SOM in Columbia, and who are taking part in our creations and events. We will keep this momentum as we enter the new year, and continue planting seeds that will bloom in the spring. We send you our circle of love!



## ONE VOICE PEACE VIGIL

by Golbahar Dadyan, Nat'l. Peace Ambassador

The 2014 Peace Congress convened December 30th at 1:00 PM. Peace Ambassadors from 12 cities in seven states came together in the upper level of the Peace Dome. As they entered, they were welcomed by the sound of the dome's Venus Gong washing over them.

Dr. Christine Madar presided over this Congress. She opened the activity by inviting ambassadors to introduce themselves and select one of the flags of the world. These flags represented a country that was given special attention throughout One Voice, linking the recitation of the Universal Peace Covenant to the people in that part of the world. Ambassadors shared their Ideal and Purpose for why they have come and what they wanted to share.

Seated in the lower level of the dome and surrounded by proclamations and pictures of the rich history of SOM peace efforts, Dr. Christine described an impressive list of accomplishments beginning with SOM's participation in the 1993 Parliament of the World's Religions in Chicago. How the *Universal Peace Covenant* came into being, when the first Universal Hour of Peace was celebrated and how it came to rest as the One Voice Peace Vigil at New Years is a testament to the dedication that we as an organization have towards aiding Humanity to come into a time and place where Peace is the way of life. See timeline on next page.

Following dinner, Dr. Laurel Clark shared a power point presentation about THE INVITATION created by Maplewood teacher Amy DeGrasso for the St. Louis offering of the play in November. This gave the Peace Ambassadors greater insights into people in the world who have been Ambassadors for Peace and have made an impact on humanity. It prepared them for their work in the hours ahead. The relativity of weekly Healing Services to the 24-hour annual peace vigil was brought to light by Dr. Barbara Condon. She led us through the keycodes of the Pranic DNA transfiguration to create a Unified Field of Consciousness. This set into motion the consciousness of Light, love and peace within each of us and between us. It was like preparing a field for spring planting.



### Peace Congress Delegates 2014-2015

Roberto Cazares, Bolingbrook, IL  
Caterina Williams, Maplewood, Mo  
Samuel Quinn, Springfield, IL  
Elena Stafford, Tulsa, Oklahoma  
Sydney Kasner, Oklahoma City, Oklahoma  
Francine Babrel, Dallas, Texas  
Sandy Leitner, Palatine, Illinois  
Vitaly Sattarov, Chicago, Illinois  
Lynn Boggio, Cincinnati, Ohio  
Terrence Belows, Louisville, Kentucky  
Leah Morris, Kansas City, Kansas  
Courtland Louie, Urbana, Illinois

We also had the pleasure of having two School of Metaphysics Graduates Present at the Congress.  
Dr. Ivy Norris (D.M. 2010) Tulsa, Oklahoma  
Rory Colgan (QDD, 2014) Louisville, Kentucky



### ONE VOICE BEGINS

At 3:45 AM, we delegates met for the First Reading of the Vigil starting at 4:00 AM. A spiral beeswax candle was lit to represent the Earth. All other candlelight would come from this one source. The first continent candle was lit in honor of Antarctica. The first reading set the tone as a wave of Peace pulsed through the Peace Dome and out the top of the Dome and into the world like a crown chakra! One Voice began.

A crystal clear vessel holding the pure college water seated upon a Stargate Field grid was placed upon the altar. Dr. Barbara spoke of water being the symbol for consciousness throughout cultures and history. "Now, is the time when fire is



rising,” she said. “Humanity has created Holy Water for centuries.” She cited Masaru Emoto’s work with the consciousness in water, and prepared us to enthrall our water with Whole Truth. We did this by intoning the vibrations known as Om Mani Padme Hum. She described the chant in detail in the Peace Vigil log:

*“The Buddhist chant Om Mani Padme Hum carries the virtues that produce Intuitive, Spiritual Man. They are known as the paramitras and together they resound the “jewel in the lotus”. These jewels are the center of the music of the spheres manifested in the One who understands humanity. Om is Kindness, the power of mental attention. Ma is Empathy, the place of the heart. This day, here in the Peace Dome, I hear this as the sound identifying mother in many cultures. Ni is Tolerance, activating the resilient spirit of patience. Pad is Harmony, the willfulness in cooperation. Me is Forgiveness, the accountability of the individual. Hum is Gratitude, the ideal of love.”*

Throughout the night, chanting until the 4 AM covenant reading caused there to be stillness in our minds and bodies as it called forth the virtues in consciousness creating the Holy Water.

During the 4-5 hour, Drs. Ivy Norris and Paul Madar calibrated the human energy field of the delegates. Dr. Norris, a 2010 SOM graduate, has been using kinesiology as part of her health practice for 18 years. Delegates are calibrated on a scale of 1-1000, following the pattern explored and defined by Dr. David Hawkins. The average calibration of the group at the beginning of the Peace Vigil is 431, with the majority of people registering in the 400s.

**9 AM** Dr. Daniel Condron leads the delegates in a walking meditation that expands everyone’s thinking about the relationship of mind and body to being in the present moment. Dr. Daniel says, “In order to learn to Meditate with a still mind one needs to learn to walk with a Still Mind.”

Time Zone after Time Zone we read the *Peace Covenant* to the whole world and each time our hearts and mind opened to a deeper connection and the reality that we are all connected and that separation is an illusion. Silvia Galvan had a shift in her consciousness and she shared that she was experiencing a high level of joy and connection. She said her Dharma profile had stated that she needed to see the whole world as her family and through the experience of the Peace Vigil she was able to include the whole world as part of her family. She described the experience as transcendent.

*“My experience of this Peace Congress has been profound and eternal,” Silvia said. “I feel as if I could never be the same. The shift in my consciousness is one of understanding the power of thought. A thought can change humanity, and me, whether conscious of it or not. I am grateful to know that I’ve chosen to have a positive effect that transcends through eternity, infinity with simply putting my whole mind, body, and spirit in every word, every image, and every emotion as I read the words of the Universal Peace Covenant.”*

Dr. Barbara talks about the covenant having this effect because it is not just a document – it is a Holy Scripture. Experiencing it this way, Silvia adds, “It is a perfectly projected picture of what this world, our mother Earth can be, and will be because I can see it happening in my mind.”

**10:00 PM** the final continent candle, the one for North America, was lit. All seven then were touched with our thoughts of Peace. Dr. Sheila Benjamin led us in reciting the Prayer for Peace and Enlightenment around the world. One of the lines states, “We Pray for Light for the People of the Earth.” I love this line because it states that we are all part of this world together and we pray for one another.

Sandy Leitner, Peace Ambassador for the Palatine branch had mentioned that her ideal for being here was to become a world server. As we read the Prayer for Peace for all the countries and continents around the world I remembered what Sandy had said, I looked at her and I asked, “So Sandy do you feel like a world server now?” And she said “Yes. Yes I do.”

The final tiles of 2014 were placed in the Peace Mandala before the midnight reading. We joined hands as we recited the covenant, more of us now knowing it by heart than when we started. We then placed the first tiles of 2015.

What was most profound for me was that at the start of the Peace Congress, everyone picked a country that they were going to represent. As the New Year approached for that country, the Peace Ambassadors came forward to



speak about their country. They researched their countries learning about them and so we all did.



Each time we read the *Peace Covenant* for a country and a time zone, I felt as though I was including one more section of the world in my consciousness. As Dr. Ivy so well put it, she felt as though a part of her body that she had been numb to had woke up. We are the light of the world, we are that city on the hill. Singing with One Voice that Peace is an idea whose time has come. We do call upon humanity to stand united, responding to the need for Peace.

Many of the Peace Ambassadors had personal breakthroughs and transformations, they cried, they laughed. Many of them relayed their own need within to be of service to the world by being a voice for Peace.

Roberto Cazares, a first cycle student from Bolingbrook attending his second congress, decided to partake in a 24-hour fast. He left the Peace Dome only a few times and held his attention on the altar and the candles that whole time. He was a stabilizing force. He had also attended last year for the first time and this year it was his second time to attend. He said last year he experienced peace and was able to hold it throughout the year. This time he was able to really understand peace on a much deeper level and understand himself. He realized that Peace is the Breath of our Spirit.

At 4:00 AM on January 1st, 2015 we read the *Peace Covenant* for the last time zone. There was stillness that came upon us. We all sat still and allowed the wave of Peace to permeate our souls. One by one Peace Ambassadors bowed to the altar and left the Dome to rest. Their work was complete.

A sense of accomplishment was evident in each one of us. We were tired yet fulfilled. We had used our will to choose to stay awake for 24 hours. We *chose* to be there. We *chose* to read the covenant over and over. We *chose* to connect. The line in the *Peace Covenant* came to me, "Self direction promotes inner Peace which therefore leads to outer Peace." This group of individuals directed themselves and caused Peace within, that Peace was then manifested in the Dome and in the world.

### Thursday Peace Congress Closing

We all went to bed and woke one by one around 10 AM. We were refreshed, revived and renewed. Dr. Ivy Norris calibrated us again and we had all changed! Some went up 10 points, some 20. Everything was different in us. There was a shift. Some who hadn't even directly been to all the readings went up on points yet since they were part of the field they were effected. That is proof that this works! Since we all connected and we are connected to the world then the world has gone up points on the map of consciousness. The average calibration increase was 9 points!

After Brunch we all sat to assimilate the experiences. Many cried and shared their gratitude for being involved in such a high and mighty service to humanity. They acknowledged they had changed in many ways and wanted to take this out into the world.

### Spiritual Gatherings 2015- Timeline

Spiritual Gatherings gained momentum in the closing months of 2014 as Peace Ambassadors taught the Spiritual Ethics course for the first time. On Sunday nights at 6-7 PM, SOM Branches continue to build this pulse of connection in the community in this year of *The Holy Spirit!* Community is the place where we can connect mind to mind and heart to heart. As we move through the year, come and participate in these themes.

#### January

- Reading of the Universal Peace Covenant
- Reading Dream Time essays
- Share experiences in regards to The Universal Hour of Peace and 20 hours and 15 Minutes of Meditations at the local branches
- Sharing of the 24 Hour Peace Vigil experiences

#### February

- Taraka Yoga - Keys to your Heart led by students in the Psi Counseling Program
- Reading of the Scripture and Interpretation

#### March- April

- Dreams! Dreams! Dreams! Bingo

#### May-August

- Focus on Healing, including the Super Conscious Healing Power Course

#### September-December

- The Season of Peace begins September 21st
- Spiritual Ethics Course Lessons 1-8
- Preparations for Universal Hour of Peace and One Voice 2015-16



Looking forward in 2015, Dr. Barbara spoke to them about the Spiritual Gatherings and the next steps regarding this. We came up with an outline of what the Gatherings will look like. The Gatherings will carry the spirit of the Peace Vigil Dome into the cities each week on Sunday nights from 6-7 PM.

Some ideas of what can occur during those gatherings are:

1. Reading of the Universal Peace Covenant followed with a discussion afterwards
2. Share experiences of Universal Hour of Peace and One Voice
3. Read Chapters in the Book **DreamTime** and Discuss.
4. Discuss the upcoming Parliament of the Worlds Religions
5. Read the *Prayer for Peace and Enlightenment*. And discuss its significance.

Many wonderful ways to bring people together and share in the idea of Peace and in this way we will grow the Spiritual Community. Souls need a place to commune and connect in order to grow. As we grow the community we will in turn grow souls and when we grow souls we can grow schools! When schools grow the world will evolve and when the world evolves we will evolve! You get the picture..It's the Law of Evolution in Motion...

At the beginning of the Vigil, Peace Ambassadors chose a Kuan Yin verse and the average of those number came up to **Verse 43 - Divinity**

*"Consciousness stretches from Heaven to Earth.  
In the effort to know its entirety, discovery is made.  
All beautiful forms are created in light.  
From the mind of their beholder such beauty radiates.  
He who beholds such beauty becomes such beauty."*

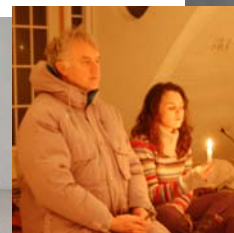
Divinity was truly expressed and experienced by all who participated in this Vigil.

### Meanwhile the Branches...

harmonized with the Peace Vigil with the **Universal Hour of Peace**.

Twenty hours and 15 minutes of meditation afforded each city a time of peace. Students at the School of Metaphysics experienced a deep sense of fulfillment. Their stories will be

shared in the next *Vibrations*.



# General Assembly 2015

by Kerry Keller

On January 2<sup>nd</sup>, branch and area directors all came to the college for General Assembly to meet with our doctors to plan, discuss, and envision the coming year.

**Larry and Debbie Hudson** spoke about their recent experiences in *building the Maplewood branch* and holding *The Invitation* during the times of tension and stress in the suburb of Ferguson, MO. Larry spoke about changes he made while directing the Maplewood branch. Specifically, he shared that he redirected his desire to live the ideals as a teacher that he wanted his students to become. He further noted that good students make good teachers. His focus was to constantly lead students to understand what it is meant to be a good student. This has given him the ability to constantly hold in his mind, what does it look like to be the best teacher? What does it mean to be an influence? He made it a point to share this question everyone can always ask themselves, *If no one is looking, what do you do?* Larry's last advice to fellow directors was, to set things up at the school and do them over and over until people start to come and help.

Debbie shared that the students in Maplewood began to come together during the National Dream Hotline last year...with meetings, plans, and student's working together. They set a school Ideal of *Individuality is best fulfilled in Unity*, a Purpose of *work based on strengths* and the Activity of *meeting people to give out the peace covenant*. Together they learned to create their school into a beacon of light. They held creation days and developed a culture within where students claim their school as a place to learn how to grow through giving.

**Aneta Baranek**, the **National Dream Coordinator**, shared and reviewed the *10 Most Wanted List* for the National Dream Awareness Month in 2015. Rudy supported Aneta by introducing everyone to the DREAM BINGO Game that the Palatine branch has perfected in the last couple of years. It was presented as a tool for creating community consciousness. Branches can invite the public to school events or events where other organizations host them. Rudy reminded us that a great place to secure wonderful prizes for Bingo enthusiasts to win is from the business and retail community. Aneta told everyone she

would e-mail all the instructions and Bingo Card tools to each branch. By the time you read this, you should have them.



**Dr. Laurel Clark** spoke to the laboratory of **Public Communication Coordinator**. Specifically she spoke of the best ways to setup lectures for captive audience lectures. She provided a roll playing skit with Dr. Pam to share how a cold call phone conversation can become a warm, receptive call. She said the key is to be curious about people. Example: Tell them we specialize in dreams and be a good listener. Then Dr. Laurel shared the two challenges in setting up lectures. #1. Fear of rejection. and #2. Not knowing how to find resources. Students learn in this lab how to

connect with others, how to aid others to know the Self, and how to place attention on what the SOM offers. This helps them to value their branch and what we teach. Dr. Laurel also suggested lecture topics that would be universal. She encourages you to learn about the group you are contacting, maybe even looking up program directors for each organization and ask questions about their needs in advance. Then you can offer 1-3 options. 1. Dreams 2. Essential life skills 3. Visualization.

**Brian Kraichely and Larry Hudson** spoke about the Steward of Infinite Abundance Lab. It was suggested, when trying to explain to someone what you are learning at the SOM, you can share a list of qualities with them:

- |               |                                     |  |
|---------------|-------------------------------------|--|
| * Confidence  | * Helping others to become abundant | * Expansion                            |
| * Security    | * Self-value                        | * Trust                                |
| * How to give | * Follow through                    | * Intuition                            |
| * Gratitude   | * Willpower                         | * Fulfill their part of a greater plan |
| * Listening   | * Purpose                           |  |



Brian shared his insights about receiving donations and Larry placed more emphasis on the steps to abundance. They have each had success in creating abundance in their school branches.

**Mavis Curry** shared an update about recording student stats and their potential to influence exponential growth, sustain relationships and mutual advocacy. She urged us to take 10 minutes per week to update, specifically to expand our e-mail list for dream catchers.

**Doug Bannister** graced our presence with a talk about the **Sacred Space Lab Position**. He defined the word Sacred as relating to the divine. Space means the absence of things. He shares there are three principles in the SOM.

- a. Enhance the space that influences everyone's ability to connect
- b. Infuse the physical space with love, acceptance, and elevated consciousness that then attracts students, prospective students, and the public.
- c. Use the sacred space lab as a teaching platform for connecting the inner and outer.

The custodian of sacred space practices honoring their space with quality choices that are meant to last 7 generations.



**Dr. Pam Blosser & Rudy Arena** painted a vision for the intuitive reports building in the future where students could come to access all the reports the school has ever given. Dr. Pam spoke about setting goals with intuitive reports and completing them. We all had a goal of completing these reports by July of 2014 and Anna Steely shared her story of how she directed the students in Springfield to do this.

**Dr. Daniel Condron** taught the Bhagavad Gita to everyone at the table early Sunday morning at breakfast. He was sharing about the open heart and our discovering when our heart is open and when we close it down. He pointed out that when we focus on our 5 senses and fear we close down and become separate. He asked, what is a brave heart? We all need to learn when we allow our heart to open to be vulnerable and when we have the courage to hold our heart open for others to receive who we really are. He directed us to observe ourselves in harmony with Universal Laws as apposed to how we see ourselves separate. Then **Dr. Daniel** had fun with us posting negative Universals like the *Law of Blame which reflects The Law of Cause & Effect*. Or the *Law of It's your Fault* which symbolizes The Law of Attraction. He explained that the Old Testament stated the laws is a negative way while the New Testament stated them positively.

**Dr. Barbara Condron** spoke to us about the balance of Universals and Diversity. The public is focusing on diversity in daily life and education. We are focusing on how we are all one. Everyone needs to know and perceive this.

**Dr. Sheila Benjamin** spoke to the Lab of Branch Historian and suggested people review 2014 and note the highlights.

**Dr. Christine Madar** spoke about the Lab of Bibliophile. Practicing attention to the benefit of the public and their desires to grow and learn from our books.



**Christine Spretnjak** described the Technology Mavin lab as one who seeks to pass it on to others. He/she aligns with the Law of Duality. To insure their specialized skills to make sure all students are informed. Technology is the manifestation and polarized by the the properties behind it. We must learn to be in the world but not of it.

**Dr. Damian Nordmann** talked about the Media Coordinator lab position and his success in setting up radio shows and getting the media to promote events held at the school.

**Rudy Arena** spoke about labs being the applied part of our education. He suggests starting students early in report transcription and emphasized that lab positions work together. Teach how the labs fit into the whole. Propose the benefits and purpose, even goals that students can commit to and invest in...Give them practice. •





**After 22 years the Parliament of the World's Religions returns to the USA.**



The School of Metaphysics has reserved 35 spaces at the Parliament of the World's Religions to give all of us an opportunity to support the Delegates that we are sending.

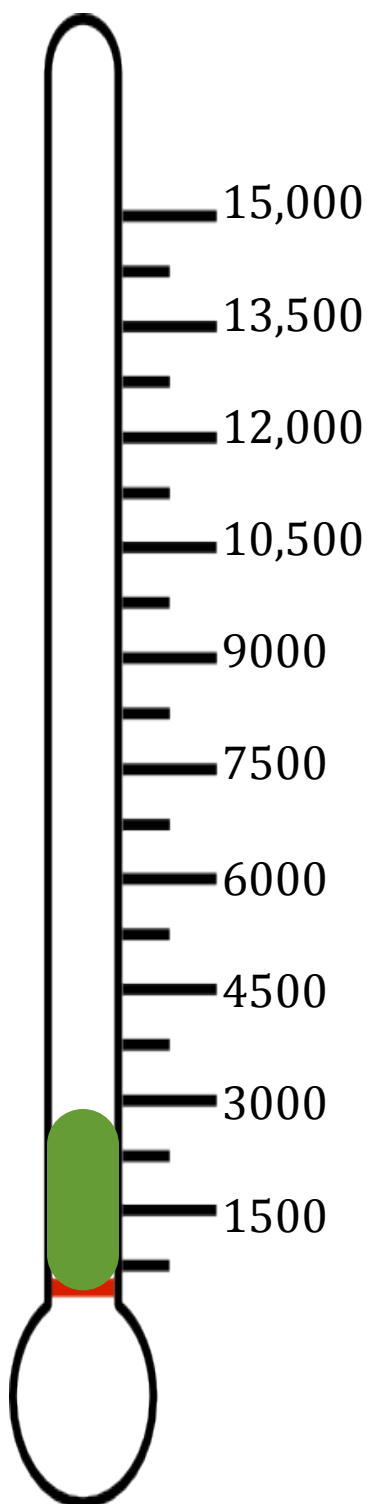
We want to carry forward the tradition of sending our Spiritual Leaders to be presenters at the Parliament of the World's Religions and other conferences. At the first Parliament, attended by our Spiritual Leaders in the School of Metaphysics, Dr. Barbara Condon and Dr. Daniel Condon gave presentations and Dr. Pam Blosser led a choir that performed The Power of Prayer throughout the World. This year many of our Spiritual Leaders have applied to give presentations and an application will be presented to give the Invitation at this conference.

"How can I support these Delegates?" you ask? Well, let me tell you how you can make a difference! You have the opportunity to contribute to a fund, which is being created, that will pay some or all of the expenses of these Delegates. Tell everyone you know how he or she can contribute.

We have set a goal for this fund of \$15,000.00. This money will be used to pay the expenses of selected Delegates and Presenters from the School of Metaphysics to attend the Parliament of the World's Religions. The remaining funds will be used to set up an account that will be used to send Delegates and Presenters from the School of Metaphysics to other conferences, events and speaking engagements.

Watch for the new link on our webpage or mail your check to the College of Metaphysics with Delegates in the notation.

Contributions to the School of Metaphysics are tax-exempt under 501(c)(3) of the Internal Revenue Code.



2015  
**PARLIAMENT**  
 OF THE WORLD'S RELIGIONS  
 SALT LAKE • OCT 15-19



After the seven students received initiation into the Fourth Cycle of lessons, each drew a Kuan Yin Verse. The numbers chosen were in a broad range beginning with number 1 and spanning to 98, just two short of the 100 span.

1  
**Commencement**  
**Jonathan**  
**Duerbeck**

2 Compulsion  
Karen Mosby

9 Roots  
Tad Messenger

24 Reputation  
Jesse Kern

36 Trouble  
Diana Kenney

96 Giving  
Laurie Biswell

98 Wavelengths  
Christine  
Spretnjak

## Meet those Studying in the 4th Cycle of Lessons

### Jonathan Duerbeck

Thoughts on #1.

If it is to be, it is up to me.

Initiate, start, begin, act, commence.

Not put off or delay.

Take action.

That is what it brings up in me, because that is where I see a related need in myself. Also this applies to asking questions and expressing. Start the process of a creation or a communication. Cope with uncertainty and act anyway.

**Short Bio:** Jonathan Duerbeck has been serving people through the School of Metaphysics as a teacher, as well as directing schools and leading in various capacities at the school's headquarters and branches, for over a decade. Jonathan sees the study of mind and Self as a nature walk and loves to watch people make discoveries. He aims to continually serve people better as he learns from all the rich mistakes and successes of teaching and practicing metaphysics. Jonathan has gratefully earned a Doctorate of Divinity and is certified as a psi counselor and a dream coach.

As a teacher and outdoor educator, Jonathan has worked in a variety of settings planning and leading educational experiences of the natural world for children and adults, as well as teaching children in homeschool groups, public schools, outdoor schools, camps, and at the College of Metaphysics.



the key



Tending the Sacred Fire –

The vision is in each seed.

The pattern is in each seed.

The choice is in each seed.

The truth is in each seed.

The eye of the beholder of Light

perceives in the fire of the Sacred Heart.

### Commencement 1

#### Kuan Yin Verse 1

*Interpretation by Gael O'Guinn*

Fire makes Light portable. Most cultures include a story of how man came to hold fire in his hands. It is said that Greek Titan Prometheus cared more for man than the wrath of the Gods. And he, like Jesus, suffered for stealing fire and giving it to man. These millennia-old myths inform us of our roots. The struggle and torment of growing eyes that can tolerate the Light. Now, as we hold the radiant light of a 'smart' phone in the palm of our hands, let us keep in mind that it is an artificial light. The moral of that story? To perceive the Real Light of Creation, turn your sight within. Within you is the seed of all Creation, that Master Plan held in the Sacred Heart. The fiery sword of immortality that guards the gates of Eden. The fire that burns but does not consume. No more suffering for the grant theft. Now, we know the harmony that clears the sight in sweet surrender.

**Learning  
Is Fun!**

# D R E A M S

by Aneta Baranek



I am very excited for the upcoming dream-work that we will all be engaging in 2015 and which will culminate as the **National**

**Dream Hotline®** and the Dream Awareness

Weekend during the last weekend in April. Both will serve as a platform for all of us to share dreams and what we know about them with the public.

Dr. Barbara Condron, Dr. Damian Nordmann and myself have been planning the schedule for the February 3<sup>rd</sup> Weekend which historically has been devoted to sharing the vision for the **Dream Awareness Weekend** and the National Dream Hotline® with all the Dream Awareness Coordinators and Directors. The weekend will be a wonderful hands-on experience to both: delve into the rich history of the work that the SOM has done with dreams and an opportunity to create the framework for an even more expansive future.

One of the vital ingredients, which I intend to weave into the framework is fun. **I am very passionate about making learning fun and lighthearted.** That is why I included The Dream Bingo on the 10 Most Wanted List for the National Dream Awareness Coordinator lab position. The Dream Bingo will serve as one of the catalysts to keep the level of fun up.

**Dream Bingo** was introduced to all the Directors during the General Assembly, which took place in the first weekend of January. The vision is for each SOM branch to take advantage of this game, to educate while having fun. Dream Bingo can be reproduced with ease and can be played with a myriad of participants from young to old, from SOM students to members of the public. Options are limitless and no dream interpretation skills are required to begin.

We will play a round of bingo during the 3<sup>rd</sup> Weekend in February at the College and I urge all of you to make sure your School branch has a set of Dream Bingo on hand to reach out for at anytime to have fun with dream symbols. As we shine our attention on dreams while having fun, we create a magnetic field conducive to welcoming all who want to learn about dreams and the inner workings of the Mind.

**Dale Carnegie said: "People rarely succeed unless they have fun in what they are doing."** As we prepare for these upcoming national events I know I will have fun learning not only about dreams and how to interpret them, but, more importantly, about my Self. I intend to remember that I am a student first and that I engage in all the events to discover more of the wholeness that is stored within me and to aid others to do the same. •

*In the last article, as a New Year's resolution, I urged all of us to make a pledge to utilize dreams to their full capacity. **I am committed to do so personally as a student and as the National Dream Coordinator in order to better serve my inner self and others through dream sharing.***

*After writing the article I had a dream in which **I was able to perceive the inner levels of Mind of an unknown younger woman. I was amazed to experience such ability to see someone else's mind, to see it moving and reflecting back to me what this young lady was thinking and experiencing.***

*I think this dream is very telling in that it **confirmed the value of the quest towards knowing the Self through dreams. It was fun to see an unknown conscious aspect reflecting to me my progress of delving deeper into the inner constructs of Mind. As I have spent more and more time paying attention to my own dreams and helping others interpret theirs, I have been able to truly receive the inner workings of Mind. I have been able to hold the mirror of reflection for myself and other dreamers to welcome the messages from the Subconscious Mind.***

If you have any questions or comments please feel free to contact me via email [abaranek@som.org](mailto:abaranek@som.org). You can also call me at the Palatine branch at 847-991-0140.

***May your dreams illuminate the INNER YOU!***



# Interfaith Community

*This Month join with others to explore..  
..Six EMOTIONAL DOORWAYS TO LOVE*

## FEBRUARY is the month of LOVE!!

Who holds the keys to your heart?

What does it mean to be heart-centered?

When is the right time to invest your heart into someone, something?

Where is love?

How can we be better lovers of our fellow man?

Throughout February, join us at the INTERFAITH COMMUNITY GATHERINGS, Sundays - usually around 6 pm - for an hour of sharing about what's most important in life.

Those who have received the Super Conscious Healing Power coursework will recognize the SIX EMOTIONAL DOORWAYS TO LOVE. Through February these hours are focused upon understanding the real time application of eternal virtues that seek expression through us every single day!

Bring your family and friends as we explore the depths of radiance available to us by connecting Mind and Body through Spirit. Psi Counselors and Psi Counseling students in your area will lead you sharing some of what they are learning in this advanced program of SOM study.

Been curious about Psi Counseling? Here's your opportunity to experience its benefits! See you there!

## WEEK ONE



The Stargate Field of Consciousness™ as an interfaith map for heeding that "still, small voice." These virtues are recognized by cultures around the world. What does the field mean to you? The different spheres? Why did you choose each of these people to be in that place? What is your relationship with them?

## WEEK TWO

A stream of consciousness writing for activating Conscience where spiritual connections shed light upon a distressing situation.



## WEEK THREE



A guided visualization frees the thinking to be moved by the power of the heart, the more enlightened perspective.



***The Interfaith Community of Metaphysics came into being in 1976 as a response to students wanting to share what they were learning with family and friends. Its existence has proven to be a study in where spirit and matter meet, how religion and science can serve humanity's evolutionary growth through peaceful coexistence among nations.***

# A Kuan Yin Blessing for the 2014-15 Peace Vigil

by Barbara Condron

Mathematics reveals hidden patterns that help us understand the world around us. I see Mathematics as the language Reasoning Man has developed to describe relationships. Values. What are the possible values we experience, what are our extremes, and where do we meet in the middle? These are the questions calculations seek to answer.



80  
The Immortals

## The New Maitreya

The Individual in a Group

*the swallow*



Each thought seeks full expression in the journey.  
In bliss the urge is honed to the seed.  
Receive the breath of cosmic seed then the choice is made.  
The life cycle of oxygen marries hydrogen  
thus living water is made.

Inspire  
3

*"Peace is the breath of our Spirit.  
It wells up from within the depths of our being,  
to refresh, to heal, to inspire."*

### The MODE

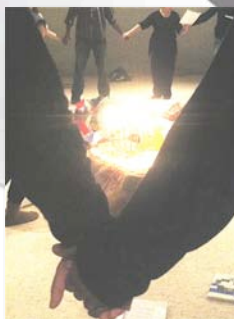
The "mode" is the value that occurs most often. The number 30 was chosen by three people. Of the 30 verses chosen, the number "3" appeared 16 times.

Repeated value is 3:

### Inspire.

How many breaths did we receive in our reciting of the  
*Universal Peace Covenant?*

We breathed in the people of countries around the world, then breathed out the thoughts of "peaceful coexistence between nations" and we knew it as a "reflection of man's inner tranquility magnified!"



Immortality begins in a mind full of what is.  
When you know what is, your reign begins.  
Your reign extends the power of Mind's Light from Heaven to Earth.  
Everything changes in the Light of eternity.



*clear heavens*

### The RANGE

In mathematics, the "range" is the extremes, or the difference between the largest and smallest values.

The Kuan Yin Factors in every group reflects the dynamics of that group, often pointing to the purpose for their gathering.

At the 2014-15 Peace Vigil in the Peace Dome, ambassadors chose a Kuan Yin verse at 4 am when their Vigil began. Significant was the range of numbers. The largest value was 83, the smallest 3, making the range 80. Verse 80 is called

### The Immortals.

What does it mean to be immortal?

Only a mind that can rest at peace  
can conceive the continuity of existence.

Free of restlessness, One who knows  
the calm center of Being embraces each moment  
completely. Every moment is a beginning. Every  
moment is an ending. Eternity.

When I think of immortality, I think of  
the Radiant Self ever shining by day and night.  
I think of the activity of the School of Metaphysics -  
teaching teachers -  
and I know immortality stretches far beyond the  
temporal me to the reaches of yesterday and  
tomorrow. There, that space is a Peace Vigil.

# December 2014 Adam Class Experience



by Jesse Kern

"If growth were a horse, our class would be riding it," Jonathan Duerbeck replied when asked for his thoughts about our December 2014 Adam Class experience and his creating a lineage from Adam to Jesus. As a means to trace the universal evolution of any soul from inception into this reincarnational experience to knowing Self as the creator of one's own life experience, the Adam Class has been diagramming the genealogy of Jesus from Adam, as the Bible, in many books and places, gives it. After months of creating this project, we are seeing why some lines of evolutionary understanding expired and others were necessary to directly producing the knowing of Self as creator that Jesus represents. Of course, all of our experiences and understandings created Jesus within us, either directly or through relative understanding. For me, I came to see that Jesus' inception by the Holy Spirit within Mary symbolizes the direct perception of this knowing all through Mind that occurs in the conscious mind. The evolutionary development of perception (Joseph) and love (Mary) had to mature from lifetimes of experiences gained and understandings built to reach the point where such a direct perception could occur.

One of the highlights of our class experience this month was going page by page through our Adam Lesson #2, talking and asking questions about the lesson and its message. As a class we are beginning to face, unravel and replace belief systems within us personally that have been a part of humanity's thought construct for centuries. For example, since some of us in the class come from some sort of Christian background with our American, white, Anglo-Saxon, Protestant lifetime choices, we are touched in some way by the thought that we have fallen from grace and are now in this life experience to work out our own understanding and reach a higher existence, be it Heaven or Enlightenment. Most of the class related more to the New Testament God of Love and Forgiveness than the Old Testament, punishing God of Wrath. For me personally, I received the Old Testament God concept more readily and am seeing how having done so, created a sense of distrust of my own intuitive and psychic perceptions, an attitude and ego construct that has contributed to me giving my power away and always seeking the approval of others and using whether or not I had their approval as the basis of my self worth and value in my life. Now that I see the centuries old belief system, which is in humanity as well as myself, I am building a belief, with deliberate thought, feeling and choice, that I am a worthy Being, always the subject of my Source's attention, here to take my personal and universal experiences and understandings beyond where they have ever been before. As a class, we are, as Jonathan put it, riding the growth horse. In doing so, we are "boldly going where no Man has gone before!" (Yes, Star Trek: TNG is playing in the COM Great Room next door.)



Moon Valley Ranch house was filled with 24 individuals dedicated to developing skills to aid people through counseling. Friday evening's focus was a discussion of a recent assignment where students observed people visiting the mall. The experience

stimulated many insights into the needs that people have. As people rushed through the mall, psi counseling students interpreted the need to let go and relax, allowing the real Self to experience life. It was noted that children seemed to be much brighter than the adults.



There were also observations about how some people were separated from others, isolating themselves on the periphery.



## Psi Counseling December 2014

Students and mentors set daily goals to aid in creating the upcoming Spiritual Focus Sessions. A common goal is for each person to contact 10 people by phone and 10 people face-to-face and send the contact information to headquarters each Thursday. By doing so, collectively we will build a database with people having an interest in present and future Spiritual Focus Sessions.





## Help our Aquaponics Grow!

Aquaponics is a system where plants are grown without soil using the water from a fish tank. The plants are fertilized by the fish waste/water and typically grow faster than in normal garden soil. The plants filter the water so the fish are healthier as well. Aquaponics systems are gaining popularity around the world as a great way to provide fresh vegetables and fish for people to eat. Aquaponics requires less water, less space and less labor than traditional gardens.



In the fall of 2013, I submitted a proposal to the Board of Governors asking permission to setup an aquaponics system in the basement of the Palatine branch. We wanted to learn more about how aquaponics works so that we could someday create larger systems at the College of Metaphysics. Aquaponics is one of many things that we are studying to help bring about our vision of a sustainable campus. Students in Palatine setup an aquaponics system in March of 2014 and it has provided many salads and fresh herbs since then. We have had great success with basil, swiss chard, salad greens, parsley, cilantro, chives and dill. Our basil plants have become trees with bark on them! The swiss chard produces leaves that are 16 inches long! We started with Nile tilapia fingerlings and they are now about 10 inches long.

We are ready to move on to our next stage of creating some aquaponics experiments at the College. We are going to add more fish to the aquarium in the foyer to create a herb and spice aquaponics garden that will use a grow light. This spring, we will build an outdoor system with a large tank for koi that will grow lettuce greens, tomatoes, basil and peppers.

I am really excited to have the opportunity to expand upon what we have learned and to be able to create with larger groups of people. Some day soon, we will be able to provide a majority of the fresh produce we consume at the College all year long!

Our goal is to raise \$2,000 to be able to build our next aquaponics systems here at the College. Your generosity aids us to create the College of tomorrow, today!

Thanks,  
Brian Kraichely



## **February**

Feb 27th - March 1st -- Spirit of the Healer Spiritual Focus Session

## **March**

March 1st - 3rd -- Powers of Ten Spiritual Focus Session

March 20th - 22nd -- National meeting, 4th cycle class, Psi Counseling class, as well as 2nd cycle and 3rd cycle classes

## **April**

April 3rd - 5th -- National Teachers Conference

April 17th - 19th -- National meeting, 4th cycle class, Psi Counseling class, as well as 2nd cycle and 3rd cycle classes

April 24th - 26th -- National Dream Hotline®

## **May**

May 15th - 17th -- All student weekend as well as National meeting, 4th cycle class, Psi Counseling class, as well as 2nd cycle and 3rd cycle classes

May 29th - 31st -- Vision Quest

## **June**

June 5th - 9th -- IASD (in Virginia)

June 19 - 21 -- SIR Coordinators meeting as well as National meeting, 4th cycle class, Psi Counseling class, as well as 2nd cycle and 3rd cycle classes

## **July**

July 10th - 12th -- Genius Code Spiritual Focus Session

July 12th - 14th -- Kundalini Rising Spiritual Focus Session

July 17th - 19th -- Peace Ambassadors gather as well as National meeting, 4th cycle class, Psi Counseling class, as well as 2nd cycle and 3rd cycle classes

## **August**

August 1st -- Area Teachers meeting

August 28th - 30th -- All student weekend

## **September**

September 10th - 12th -- Dharma Spiritual Focus Session

September 13th - 15th -- Meditation Spiritual Focus Session

## **October**

October 2nd - 4th -- National Teachers Conference

October 15th - 19th -- Parliament of the World's Religions

October 18th - 23th -- Experience as a college student week

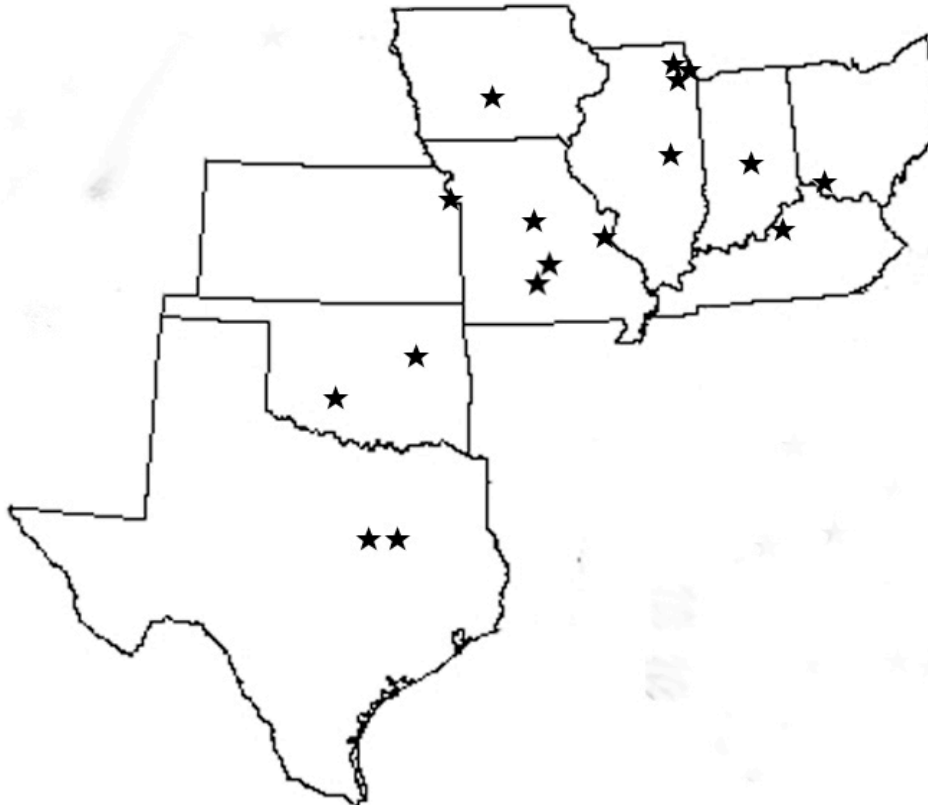
October 23th - 25th -- Still Mind weekend

## **November**

## **December**

December 5th -- Area teachers meeting





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